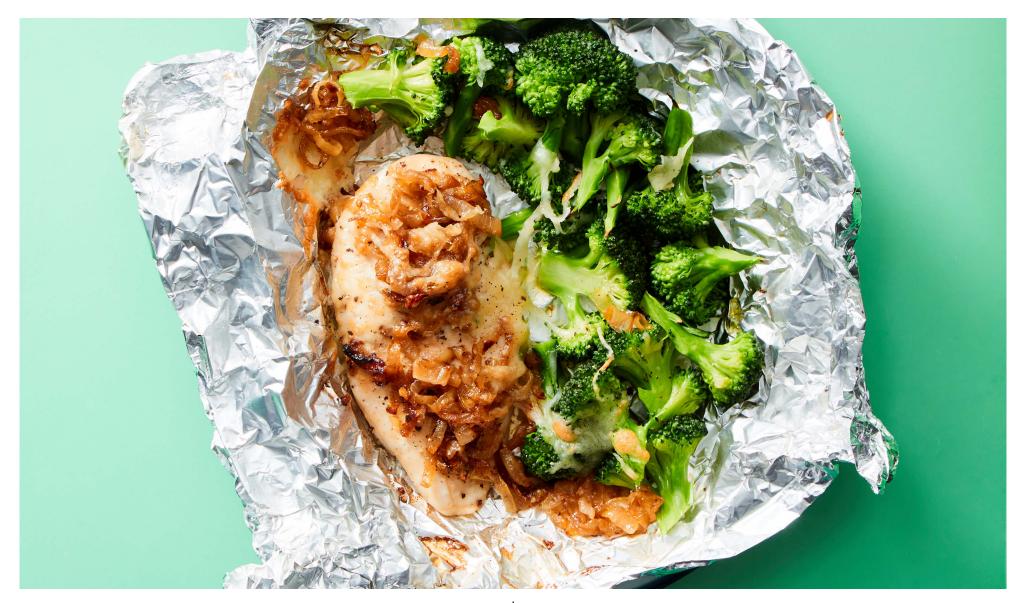
DINNERLY



Easy Clean Up! Low-Carb French Onion Chicken

with Broccoli





What if we told you that we took the best parts of French onion soup and slapped it on a tender chicken breast with a side of broccoli? And on top of that, what if it was all cooked together in incredibly easy, mess-free foil packets? You might not believe it's possible, but if anyone can do it, it's Dinnerly. We've got you covered!

WHAT WE SEND

- 1 yellow onion
- ½ lb broccoli
- 10 oz pkg boneless, skinless chicken breast
- 2 oz shredded fontina ⁷

WHAT YOU NEED

- garlic
- butter ⁷
- olive oil
- kosher salt & ground pepper
- balsamic vinegar (or red wine vinegar)

TOOLS

- medium skillet
- aluminium foil (or parchment paper)
- rimmed baking sheet

ALLERGENS

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 430kcal, Fat 23g, Carbs 17g, Protein 44a



1. Prep ingredients

Preheat oven to 450°F with a rack in the center.

Halve and thinly slice **onion**. Cut **broccoli** into 1-inch florets, if necessary. Finely chop **1 teaspoon garlic**.



2. Caramelize onions

Heat 1 tablespoon each of butter and oil in a medium skillet over medium-high. Add onions and cook, stirring, until very soft, 3–4 minutes. Season with a pinch each of salt and pepper. Stir in chopped garlic and ¼ cup water. Cook, stirring occasionally, until liquid is reduced by half and onions are well browned and jammy, 1–2 minutes more. Stir in ¼ teaspoon vinegar.



3. Cut foil & prep chicken

While **onions** cook, cut 2 pieces of foil into 12x20-inch rectangles.

Pat chicken dry and season all over with salt and pepper.



4. Assemble foil packets

Place **chicken** and **broccoli** next to each other in center of each foil piece. Drizzle broccoli with **oil** and season with **salt** and **pepper**. Spread **caramelized onions** over chicken, then sprinkle with **cheese**. Fold sides of foil over top and pinch edges to seal (leave room inside packets for air to circulate). Transfer to a rimmed baking sheet.



5. Cook packets & serve

Roast packets on center oven rack until **chicken** is cooked through, about 15–20 minutes. Remove from oven and switch oven to broil. Carefully unwrap top of foil to expose **chicken and broccoli**.

Broil French onion chicken and broccoli on center oven rack until cheese is browned, about 2–3 minutes (watch closely as broilers vary). Enjoy!



6. Did you know?

Ordering Dinnerly is not only more convenient, but it also reduces your carbon footprint. A study from the University of Michigan found that cooking with meal kits (including packaging) generates a much lower carbon footprint than purchasing the same ingredients at the grocery store. Considering every step in the process, average greenhouse gas emissions are ½ lower when cooking with meal kits.